

FIELD RESEARCH SAFETY HAZARD GUIDELINE

Strenuous Physical Activity

Hazards	Potential Hazards	<p>Engaging in strenuous physical activity carries certain risks. Be aware of the following potential hazards:</p> <ul style="list-style-type: none"> • Musculoskeletal injuries, such as strains, sprains, or fractures. • Cardiovascular complications, including heart attacks or irregular heart rhythms. • Dehydration and heat-related illnesses, such as heat exhaustion or heatstroke. • Overexertion leading to fatigue, dizziness, or loss of coordination.
Hazard Controls	Personal Protective Equipment	<ul style="list-style-type: none"> • Proper footwear with adequate support and cushioning. • Comfortable, breathable clothing that allows for freedom of movement. • Protective gear, such as helmets, knee pads, or wrist guards, depending on the activity.
	Preparation and Training	<p>Before engaging in strenuous physical activity, take the following steps for proper preparation and training:</p> <ul style="list-style-type: none"> • Consult with a healthcare professional to assess your overall fitness level and any underlying medical conditions. • Gradually increase your activity level over time to allow your body to adapt and reduce the risk of injuries. • Learn proper techniques and form for the specific activity you are engaging in. • Incorporate strength and flexibility training to improve your physical fitness and reduce the risk of muscle imbalances or injuries.
	General Work Practice Procedures	<ul style="list-style-type: none"> • Warm up before each session with dynamic stretching and low-intensity exercises to prepare your body for the activity. • Stay hydrated by drinking water before, during, and after the activity. • Listen to your body and stop if you experience pain, dizziness, shortness of breath, or any other unusual symptoms. • Pace yourself and avoid overexertion. Take breaks as needed and gradually increase the intensity and duration of your activity. • Pay attention to the environment and adjust your activity, considering factors such as weather conditions or terrain.
Other	Waste	<p>Containerize, remove, and properly dispose all generated waste when you leave the area.</p>
	Emergencies	<ul style="list-style-type: none"> • Carry a mobile phone or have access to communication devices to contact emergency services if needed. • Be familiar with the location of nearby medical facilities and have a plan for seeking medical assistance if necessary. • If someone experiences a serious injury or medical emergency, call for help immediately and provide appropriate first aid or CPR if trained to do so.

	Reference and Additional Resources	Mayo Clinic: Dehydration Mayo Clinic: Hyponatremia • NOLS: Fitness Guidelines To Get Expedition-Ready
	Questions	Contact Environmental Health and Radiation Safety (EHRS) at (215) 707-2520